

SURFERS SWIM TEAM

Orientation and Rules

The Surfers Swim Team program is an instructional, non-competitive swim team. It provides physical fitness, teamwork, and improves self-esteem and sportsmanship. Personal improvement and fun are the highest objectives. This is accomplished by positive encouragement and praise from coaches, family, and teammates. Swimmers compete in a low-pressure environment.

Program Goals vary by level, but include the following:

- Gaining proficiency in freestyle and backstroke.
- Increased endurance and stamina while swimming.
- Learning breaststroke and butterfly.
- Diving from the starting blocks and doing backstroke starts.
- Open 2-handed turns and flip turns as appropriate.
- Understanding of proper swimming terminology.
- Being comfortable and confident at a swim meet.

Program Information

- Come to practice prepared with a suit, goggles, cap, and a positive attitude.
- Parents – please assist your child before coming onto the deck so that they are ready to swim. The Aquatic Center DOES NOT have caps or goggles to loan out.
- All swimmers under the age of 8 MUST have a responsible 18-year old in the building during the entire practice.
 - All swimmers ages 6 and older MUST use the gender-appropriate locker room.
- *Each swimmer will have 6 practices for each practice session registered for. Swimmers must come to practice times that they have signed up for. However, if a swimmer misses a class, a make-up will be allowed only during make-up practice times, public swim times, or lap swim times (see hours below). Coaches are not available during lap or public swim times. Extra practices can be purchased for \$4.50 each.*
- Practices and consistency are very important. One cannot expect improvement if they are not attending practices.
- During practice, swimmers are divided into groups according to their skill level. As the season progresses, swimmers may be moved around in lanes. However, if you feel your child is in the wrong group, please talk to the coaches before or after practice. Skill levels change frequently, so we try to keep the groups as fluid as possible.
- Swimmers are not required to have special swimsuits. However, a one-piece suit is strongly recommended for females.
- Check-in cards need to be made at the front desk. This is how swimmers will check in for practice. All swimmers MUST check in at every practice. Please keep track of these cards. If one is lost, please contact the front desk.
- T-shirts will be provided. They are ordered each year and will be passed out with each renewal of the membership fee.
- Parents – please watch your swimmers from the observation deck. This helps with less distractions.
- Discounted Swim Admission: Everyone on the Surfers team will have a discounted price to any lap swim or public swim for the duration of the program. The cost is \$2 with your card. Cards MUST be present to get the discount. The discount will apply to up to 4 other swimmers. Only currently registered Surfers members will receive the discount.
- *E-mails are sent out periodically throughout the season. It is the main form of communication. Please check to make sure that your e-mail address on file is the correct e-mail. If you are not receiving an e-mail, please talk to Kord!*



Make-up practices are only allowed during make-up practice times

Make-up Practice Times:

	<u>Turtle, Scuttle, and Junior Levels</u>
Fridays	5:15pm
Saturdays	5:00pm
	<u>Reef, Tidal, Colossal, and Big Kahuna Levels</u>
Fridays	6:00pm
Saturdays	5:00pm

Public Swim Times

Monday – Friday	11:30-1:30pm
Monday – Saturday	6:00-8:00pm
Saturday and Sunday	1:00-4:00pm

Lap Swim Times

Monday – Friday	5:30-8:30pm
	8:00-9:00pm
Saturday	6:00-8:00am
	1:00-8:00pm
Sunday	1:00-4:00pm

Schedule Changes

Due to the Spook Splash Swim Meet, there will be NO practice or make-ups on October 21 or 22, 2016.

The Surfers Swim Meet will be held at 8am on Saturday, October 29, 2016, due to the High School District Swim Meet later in the day. This time is subject to change.

Swim Meets

Turtle, Scuttle, and Junior Levels – Friday, October 28th at 4:30pm

- Those in the Junior level will be able to choose which swim meet they would like to attend (Friday afternoon or Saturday morning). Please only choose one meet.
- Juniors will swim in the deep end. Turtles and Scuttles will swim in the shallow end.
- Invitations will be sent out through e-mail, and will also be available at the front desk before, during, and after practices. Please respond promptly and let us know what your child would like to swim.
- If there is no response, swimmers will not be scheduled to swim in the meet.

Junior, Reef, Tidal, Colossal, and Big Kahuna Levels – Saturday, October 29th at 8:00am (Usually lasts between 3-4 hours)

- All swimmers who attend this meet will be swimming at least 25 yards.
- Invitations will be sent out through e-mail, and will also be available at the front desk before, during, and after practices. Please respond promptly. Swimmers may choose their own events.
- If there is no response, swimmers will not be scheduled to swim in the meet.
- Swimmers will not be disqualified unless they do not finish their race.
- Swimmers may swim up to 4 races – up to 3 individual events and 1 relay.
- Heat sheets will be pre-made so that it is easier for swimmers and timers. There is no charge for these. They will be e-mailed out on Friday before the swim meet.

Volunteer timers are needed at all three sections of the meet. This is a great way to be where the action is. If you would like to be a timer for a meet, please contact Kord.

Swimmers will receive awards for participating in this meet.

Awards Party – Wednesday, November 2nd from 6:00-8:00pm

There will be an awards party at the end of the season to celebrate the swimmers and all their hard work. This will be a dessert potluck. Awards from the swim meet will be handed out. All Surfer swimmers will be free of charge, and will receive a wristband. All family and friends will cost \$1 to swim. Children ages 3 and under MUST have a swim diaper, or \$2 will be charged and a diaper will be provided.

Terms you should know:

Swim Meet – Term used for the swim racing competitions.

Backstroke (Back) – Term used for the back crawl.

Freestyle (Free) – Term used for the front crawl.

Fly – Butterfly stroke

Breast – Term used for the breaststroke.

Starts – A dive from the starting blocks to begin a race.

IM – Individual Medley, consisting of equal lengths of fly, back, breast, and free performed by the same person in that order.

Lap – Twice across the pool (50 yards)

Length – Once across the pool (25 yards)

Open Turn – A turn in which swimmers touch the wall with two hands simultaneously.

Flip Turn – A turn which involves a somersault.

Mixed Relay – 4 team members, each doing various strokes based upon individual preference.

Event – The type of race the swimmer is competing in.

Heat – A group of swimmers in a particular event.

If you have any questions, concerns, or suggestions, please contact Kord L. Christensen or Ashli Johnson

Ashli Johnson – Aquatics Supervisor anjohanson@idahofallsidaho.gov

Kord L. Christensen – Aquatics Specialist kchristensen@idahofallsidaho.gov

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